

2006 Program Schedule

Outside reading time will be required.

All classes held at Bud Kearns Pool unless otherwise noted.

Attendance is mandatory at ALL class sessions.

NO EXCEPTIONS

Sat. Feb. 25	Try-outs/Registration	9:00 am - 2:00 pm
	Conditioning	
Sun. Feb. 26	Lifeguard Training	12:00 pm - 5:00 pm
Sat. March 4	CPR for the	9:00 am - 5:00 pm
	Professional Rescuer	
Sun. March 5	CPR for the	12:00 pm - 5:00 pm
	Professional Rescuer/AED	
Sat. March 11	Lifeguard Training	9:00 am - 5:00 pm
Sun. March 12	Lifeguard Training &	12:00 pm - 5:00 pm
	Title 22 First Aid	
Sat. March 18	Lifeguard Training	9:00 am - 5:00 pm
Sun. March 19	Lifeguard Training	12:00 pm - 5:00 pm
Sat. March 25	Interview Training and	9:00 am - 5:00 pm
	Title 22 First Aid	
Sun. March 26	Title 22 First Aid &	12:00 pm - 5:00 pm
	Skill Review	
Sun. April 2	Skill Testing,	12:00 pm - 5:00 pm
	Written Exam and Graduation	
		Class hours 67
		Volunteer hours 30
		Total hours 97

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 685-1308) OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST. PRINTED ON RECYCLED PAPER.



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

Aquatics & Support Service District

1250 Sixth Avenue, 4th Floor

San Diego, CA 92101



A program of the City of San Diego Park and Recreation Department

SWIM HOTLINE

We value your feedback!

E-mail us at: aquatics@sandiego.gov

Purpose of Program

Becoming a lifeguard can be expensive! The City of San Diego Park and Recreation Department and the American Red Cross have developed the Spring Aquatic Vocational Education (SAVE) Program. The SAVE Program offers individuals primarily from low-income households an affordable opportunity to participate in the courses necessary to qualify as an entry-level lifeguard.

The program is limited to 30 participants. Each participant who completes the entire program will receive certification in American Red Cross Lifeguard Training, CPR for the Professional Rescuer, Automated External Defibrillator Training (AED) and First Aid for Public Safety Personnel (Title 22). The SAVE Program teaches job search skills that include interviewing and job application processes. Completion of this program qualifies participants to meet the requirements to apply for a Pool Guard I position with the City of San Diego (\$11.52-13.88 per hour). Note: applicants must be 16 years of age in order to apply for this position.

Commitment to Service

Attendance at all scheduled classes is mandatory (see program schedule). Each individual that participates in this program is expected to provide community service. Candidates are required to complete at least 30 hours of volunteer work (25 hours at an authorized aquatic facility + 5 hours volunteering at your local American Red Cross Health & Safety Department). The SAVE Program helps to instill courtesy, respect, discipline, good sportsmanship, and the camaraderie that develops among people who are willing to help others.



Requirements

Each participant must be able to fulfill the following pre-requisites prior to enrollment:

- ☐ Be at least 15 years of age by April 2, 2006
 - ☐ (proof of age will be required upon registration)
- ☐ Swim 500 yards continuously (no time requirement),
 - ☐ using these strokes in the following order:
 - ☐ - ☐ 200 yards of front crawl using rhythmic breathing and
 - ☐ a stabilizing, propelling kick.
 - ☐ - ☐ 100 yards of breaststroke.
 - ☐ - ☐ 200 yards of either front crawl using rhythmic
 - ☐ breathing or breaststroke. These 200 yards may be a
 - ☐ mixture of front crawl and breaststroke.
- ☐ Swim 20 yards using front crawl or breaststroke, surface
 - ☐ dive to a depth of 7-10 ft., retrieve a 10 pound object,
 - ☐ return to the surface and swim 20 yards back to the
 - ☐ starting point with the object. When returning to the
 - ☐ starting point, the candidate must hold the 10 pound
 - ☐ object with both hands while keeping his/her face above
 - ☐ the water. It is recommended to participants that they can
 - ☐ do this by swimming on their back using a whip
 - ☐ (breaststroke kick while on their back) or a rotary
 - ☐ (eggbeater) kick.
- ☐ Complete a short written entrance exam.

Directions to Bud Kearns Pool

I-8 exit Texas Street south (pool is at end of Texas street); or I-5 to Pershing Drive, north to Florida Street, east on Morley Field Drive (pool is on right). S.D. Transit bus line #7 (get off at Texas and University).

Tryouts

Tryouts will be conducted at Bud Kearns Pool on **Saturday, February 25, 2006**. All candidates must arrive promptly at 9:00 a.m. dressed to swim. Preregistration is not required, simply show up!

Program Fee

The total fee for the SAVE Program is only \$50.00 (the average cost of these courses is over \$175.00). All candidates who successfully complete the swim test and application process and are chosen to participate in the program will be required to pay the \$50.00 course fee on tryout day. Cash or checks are accepted. Checks should be made payable to the City Treasurer.

Scholarships

A limited number of full scholarships are available. For information, candidates should visit the Red Cross web site at sdarc.org/aquatics or call City of San Diego staff at (619) 685-1323. Scholarships are sponsored by the City of San Diego and San Diego Imperial Counties Chapter of the American Red Cross (858) 309-1471.

